



Put Your Mask on First!

The Caregiver's Guide to Self-Care



Dr. Gary Bradt
Scott Silknitter

ADRC VIRTUAL BOOK CLUB

6 weeks - Wednesdays, January 13 - February 17 at 11:00am

We will be using Microsoft Teams as our virtual platform for this book club. Author(s) Dr. Gary Bradt and Scott Silknitter will join us for a session to answer your questions and provide insight.

Dr. Gary Bradt is an inspirational speaker and writer on change and leadership. He is both a clinical psychologist and entrepreneur.

Scott Silknitter is the founder of R.O.S. Therapy Systems and co-author of the new book series, Activities for the Family Caregiver.

Please call 262 548-7883 to register for this event by 12/16/2020

FREE BOOK PROVIDED!

Caregiving is hard because it's hard. There is no other way to say it. Let us be your companion in this journey. Let us help you navigate the many changes you will experience, from different roles to different thoughts of what a normal life is.

We encourage you to take care of you in order to take care of them—you must Put Your Mask on First! Let us show you how. Put Your Mask on First is a ground breaking new book for caregivers to help them deal with the changes in their loved one and their own life by starting with taking care of yourself first.

The book covers the need for caregivers to take care of themselves first with strategies in the following areas: Why you have to take care of you first, How to manage guilt and anger, Dealing with small daily changes, Dealing with life altering changes, How to ask for help, and Pursuing your path to happiness. Life happens please let us help you work through those issues that may arise so you and your loved one can enjoy a higher quality of life.